

## **Abstract**

***Title:*** Special defensemen-training in youth category in the Czech Republic

***Aim:*** The aim of my work is to find out what special training of defensemen is used for children 11–15 years old in Czech hockey clubs.

***Methods:*** In the research two methods of data collection were applied: a question-form and a literature analysis. The question-form was the main method, designed for Czech hockey clubs trainers in youth category.

***Results:*** I have gained following result through my research. There is 97 % of questioned coaches in the Czech Republic, that are using a special adjustment of defensemen in the category of young players. It is obvious, the special adjustment of defensemen is in the subconscious of coaches. However knowing this facts the results show, the coaches don't use all available methods for the special training of defensemen. Most coaches believe, that the main base of trained defensemen is on the ice and nowhere else.

***Key words:*** defenseman, special training, youth category